

## Claims:

1. A method of lubrication of the passage of a cementitious composition through a conduit, comprising the addition to the conduit prior to addition thereto of the cementitious composition of an aqueous solution of a solid lubricating compositions consisting essentially of (i) alkali metal carbonate or bicarbonate, (ii) poly(ethylene oxide), and (iii) anionic sulphate surfactant.  
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2. A lubricating composition consisting essentially of a solid mixture of from 80-95% of at least one alkali metal bicarbonate, from 1-10% of at least one poly(ethylene oxide) and from 0.5-3% of an alkali lauryl sulphate, all percentages being by weight of the total lubricating composition.  
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3. A lubricating composition according to claim 2, in which the composition additionally contains a water-soluble organic-functional acidic substance.  
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